

CONGRATULATIONS, PARENT!

Here you are, ready to begin Phase 2 of the Fresh from Florida Kids program. Your baby, soon to be a toddler, is quickly growing and ready to continue discovering the foods that will support development. In Phase 2, you will continue to build a foundation of healthy habits so your child will be more accepting of healthy foods. The purees of fruits and vegetables your child learned to enjoy will direct tastes for more mature recipes in Phase 2 such as Vegetable Pancakes and Country Greens.

The following sections contain updated information that corresponds with your baby's development. In "Healthy Habits" you will find tips for keeping toddlers on the right track when it comes to mealtime. The "Preparation Guidelines" section covers cooking tips to reduce stress in the kitchen and ways to help you save money at the grocery store. The "Feeding" section offers smart tips on feeding and introducing your child to family foods. "Kid Recipes" is filled with lots of finger-friendly foods and dips for your child to explore. In "Family Recipes" old favorites like Meatloaf and Creamed Corn are given a healthy twist. When you're done learning how to help your child create habits, take some time to better yourself and try a homemade spa treatment found in "Healthy Parents."

Remember, healthy habits start early. The hard work and time you dedicate now will lead to a lifetime of health and happiness for your child. We are glad you remain committed to serving fresh foods and we hope you will learn valuable lessons that will benefit your entire family.

Sincerely,
The Fresh from Florida Kids Staff

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Healthy Habits



The transition from 1 to 2 years of age is a period of increased independence for your child. The strong base of healthy habits for children and parents built in Phase I will continue in Phase II. Remember, the healthy habits you are teaching your toddler now will grow with them to middle school and beyond.

Sensible Rules for Great Teachers

- Children learn and discover their world by copying the behavior of people around them. Explain to each member of the family the importance of setting a good example for your toddler to learn from and imitate. To teach good habits you need to make sure both your words and actions are consistent.
- Limit sugary and other unhealthy foods. Kids have a natural preference for sweet foods, so it is important to introduce them to the flavors of fruits and vegetables.
- Be patient. A toddler's likes and dislikes can change from day to day. Familiarity is the key to acceptance. It can take 8-10 exposures to a new food before your child will eat it. Give your child choices but do not force her to eat anything.
- Do not give in to unreasonable requests or accommodate the "food ruts." You do not want to force your child to eat anything but you do need to set rules and boundaries. Urge everyone to try at least a few bites of everything.
- Do not make a fuss over your child's eating habits. If your toddler does not want to eat, simply wrap up the meal and put it away, but do not offer something else. When your child gets hungry again, you give them the plate of food from earlier. Do not beg, bribe or punish your child to eat.



- Be positive about your child's eating habits and avoid labels. The word "picky" has a negative association. If he hears from you that he does not like corn he will believe he does not like corn. Instead of giving up, think of him as "selective" and continue to offer rejected foods.
- Although it can be hard at times, always try to keep your cool. As children approach age 2, they may reject food just for the power of being able to do so. Keep to a regular schedule and offer nutritious snacks several times a day.
- Stock the pantry and refrigerator with healthy foods. If you do not keep junk food in the house, no one can eat it. If you must have something, keep it out of sight.



FOOD PREPARATION GUIDELINES



Grocery shopping and cooking are two more chores on the list of every parent. However, with a little planning and prep work you can find big savings in time and money while making delicious, wholesome food for the family.

Additionally, following safe cooking procedures in the kitchen can help keep food free of harmful bacteria. Cooking food to the proper internal temperature and correctly storing and reheating leftovers will aid in maintaining a clean kitchen as well as healthy foods.

FOOD FOR KIDS

- Toddlers can eat many foods as long as they are soft and cut into pieces that can be handled easily by little fingers. Avoid foods that kids can easily choke on like raisins, grapes, popcorn, pretzels, nuts, hard candies, hard pieces of fruits and vegetables, hotdogs or foods cut into a round shape.
- Think outside of the box when it comes to serving food to your toddler. Presenting food creatively and with lots of color can be the key to success. Try cutting foods into simple shapes and serve different colored foods to create a picture on your toddler's plate. Allow your child to play with and mix different foods together himself.
- Do not “super-size” meals. Over feeding your child at an early age can lead to overeating later. See the “Feeding” section or always consult your toddler's healthcare provider for guidance as to what is best for your toddler.
- Toddlers like to be involved with what you are doing. If possible, provide your toddler with his own set of food preparation utensils. Use actual utensils and not toys whenever safe and practical. Plastic measuring spoons and cups, spatulas and mixing bowls are a good start. It is not too early to let him contribute to dinner preparation, even if it is pretend, and it will keep him occupied while you cook.

HEALTHY COOKING FOR THE FAMILY

- Serve foods without added butter, salt, sugar or other sauces. Children will enjoy plain foods; their taste buds are quite sensitive at this age. Plus, plain food is always cheaper and easier to prepare! If the family enjoys extra condiments, set aside a serving for your toddler before you season the food.
- Switch to reduced-fat dairy products. Remember that your toddler will need whole milk and other dairy products until the age of 2.
- Gradually substitute and switch to whole grains when it comes to flour, pastas, cereals and breads. You will be surprised at how great they taste.
- Use ground turkey and other low-fat meats and cuts; pour off extra fat before serving.
- Try baking, broiling, grilling, steaming and stir-frying foods for healthier meals. Avoid frying and cooking with lots of butter and oil.
- Use cooking sprays instead of oil when sautéing or greasing a pan. You will use less but get the same coverage.
- Substitute cream and butter with salsa, pesto and low-fat vinaigrettes.
- Increase the amount of fruit and vegetables. You can easily add an extra fruit or vegetable to any recipe. Frozen fruits and vegetables can be good alternatives to fresh and they are usually pre-cut and inexpensive.

Weekly Meal Planning

- Planning weekly meals in advance can lower your grocery bill and save you time in preparing meals. Set aside time during the weekend and decide what you are going to cook for the entire week. Tape your list to the refrigerator.
- Use weekly advertisements to help pinpoint sale items and as inspiration for your recipes. If you plan well, you can use an ingredient in several recipes and avoid wasting food.
- Stock your pantry with essential ingredients. To save money, think about items you can buy in bulk and freeze extra portions for later. You may spend more upfront but you will save money in the end.
- Set aside some time one day a week just for cooking. You can prep several ingredients and assemble several meals all at one time. Freeze meals for later in the week and refrigerate extra cut fruits and vegetables for snacks.
- When you get home from the grocery store, cut up fruits and vegetables and store in the refrigerator until you need them. When you need to prepare a meal quickly, you will already have most of the work done and if you get hungry, you have a quick snack ready.

Make Food Safety a Priority

The US food supply is among the safest in the world, but organisms that you can't see, smell or taste – bacteria, viruses and tiny parasites – are everywhere in the environment. These microorganisms – called pathogens – can invade food and cause illness, sometimes severe and even life-threatening, especially in young children, older adults, persons with weakened immune systems and pregnant women.

Fresh fruits and vegetables are important to the health and well-being of Americans and we enjoy one of the safest supplies of fresh produce in the world. However, although low, the proportion of foodborne illness associated with fresh fruits and vegetables has increased over the last several years. As health and nutrition experts continue to recommend we add more fruits and vegetables to a healthy daily diet, it becomes increasingly important that consumers know how to handle them properly.

Handling fruits and vegetables safely is easy. Although an invisible enemy may be in your kitchen, by practicing the following recommendations you can Fight BAC!®



PROVIDED BY THE PARTNERSHIP FOR FOOD SAFETY EDUCATION

CHECK

- Check to be sure that the fresh fruits and vegetables you buy are not bruised or damaged.
- Check that fresh cut fruits and vegetables like packaged salads and precut melons, are refrigerated at the store before buying. Do not buy fresh cut items that are not refrigerated.

Clean

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards, counter tops, peelers and knives that will touch fresh fruits or vegetables before and after food preparation.



- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled “ready-to-eat”, “washed” or “triple washed” need not be washed.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.



- Dry fruits and vegetables with a clean cloth towel or paper towel.
- Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

SePARate

- When shopping, be sure fresh fruits and vegetables are separated from household chemicals and raw foods such as meat, poultry and seafood in your cart and in bags at checkout.
- Keep fresh fruits and vegetables separate from raw meat, poultry or seafood in your refrigerator.
- Separate fresh fruits and vegetables from raw meat, poultry and seafood. Do not use the same cutting board without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

COOK

- Cook or throw away fruits or vegetables that have touched raw meat, poultry, seafood or their juices.

CHiLL

- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours.

THROW away

- Throw away fresh fruits and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetable that will not be cooked if it has touched raw meat, poultry or seafood.
- If in doubt, throw it out!

FreeZing 101

BASIC GUIDELINES:

- Start with fresh products and freeze items you will not use immediately to maintain the best quality.
- Trim fat from meats and double wrap in freezer paper, heavy-duty aluminum foil, plastic wrap or other vapor- or moisture-resistant material, then place in a freezer bag or other freezer-safe container.
- Make sure the temperature in the freezer is set to at least 0 degrees Fahrenheit or below.
- Do not stack foods as they freeze; leave space between items so air can circulate. Once foods are frozen, they can be stacked.
- Slightly undercook foods that are going to be frozen and reheated later. This way, your food will not be overcooked when you are ready to defrost and reheat.
- All meat should be double-wrapped, first in plastic wrap and then in a freezer bag or with foil. If you plan to store meat long-term in the freezer, store wrappings will not be adequate and you will need to rewrap food.
- Freezer burn and changes in color are due to exposing food to air and are still safe to eat. Proper packaging and freezing can help eliminate freezer burn.

PACKAGING FOOD

- Wrapping and storing food correctly is essential for maintaining the quality of frozen foods. Use storage containers, bags and tape that are appropriate for the freezer. These include freezer bags, baking dishes, ice cube trays or other rigid containers made of plastic, glass or aluminum. Liquids expand when they freeze so make sure the container you use is large enough.
- Do not use aluminum foil for wrapping acidic foods; use plastic instead. This includes tart fruits and dishes containing tomatoes, vinegars or citrus dressings.
- Cool all foods before packing to retain color and texture of foods. Freeze foods immediately after they are packed.
- Pack foods in small portions and pack them tightly to reduce air in the package. Press on bags from the bottom up to remove as much air as possible before sealing. By sealing in moisture and keeping extra air out, you can help prevent foods from becoming too dry.
- Save yourself time and frustration by labeling and dating all containers you put into the freezer. This will help you remember what is in each and when it is time to throw it out.
- Wax paper, regular aluminum foil, milk and yogurt cartons and store packaging should not be used for freezing. The material is too thin to protect foods.

THAWING AND REHEATING

- Raw or cooked meat, poultry or casseroles can be cooked or reheated from the frozen state but it will take 1 ½ times longer than a thawed food.
- The best way to thaw foods is in the refrigerator. You can also defrost foods in cold water or in the microwave.

FREEZER STORAGE CHART

FOOD, GENERAL

Casseroles.....	2-3 months
Soups and Stews.....	2-3 months
Dinners and entrees	3-4 months

Meats, UNCOOKED

Roasts	4-12 months
Steaks or chops	4-12 months
Ground beef or turkey	3-4 months
Chicken or turkey, pieces	9 months
Chicken or turkey, whole	12 months
Lamb, roast or chops	6-9 months
Pork, roasts or chops	4-6 months
Sausage and bacon	1-2 months
Meats, Cooked ham	1-2 months
Leftover meat	2-3 months
Leftover poultry	4 months

Freezer Storage CHART (Continued)

Seafood, Fresh

Fresh, fatty fish: mullet, salmon,
swordfish, mackerel, bluefish, tuna 2-3 months

Fresh lean fish: cod, flounder, trout,
haddock, halibut, pollack, perch..... 4-6 months

Shellfish 3 months

Seafood, Cooked

Cooked pieces 3 months

* Source: USDA Safe Food Handling Fact Sheet

Cooking Conversion Guide

Berries

1 pint 2 1/4 cups

Cheese

8 oz cream cheese 1 cup

8 oz cottage cheese 1 cup

4 oz Parmesan, grated 1 1/4 cups

Dried Beans and Peas

1 cup 2 1/4 cups cooked

Herbs

1 Tbs fresh 1 tsp dried

Pasta

8 oz elbow macaroni 4 cups cooked

8 oz spaghetti 4 cups cooked

Rice

1 cup white 3 cups cooked

1 cup converted 4 cups cooked

1 cup instant 1 1/2 cups cooked

1 cup brown 3 to 4 cups cooked

easy exChAnGes

Check the first three categories for cup, tablespoon or teaspoon equivalents of liquid or dry ingredients. For fluid-ounce equivalents, see the last category.

DRy MeASuReS

Under 1/8 teaspoon	Dash or pinch
1 1/2 teaspoons	1/2 tablespoon
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
5 1/3 tablespoons	1/3 cup
8 tablespoons	1/2 cup
10 2/3 tablespoons	2/3 cup
16 tablespoons	1 cup
1 cup	1/2 pint
2 cups	1 pint
4 cups	1 quart

LIqUId MeASuReS

2 tablespoons	1 fluid ounce
3 tablespoons	1 jigger or 1 1/2 fluid ounces
1/4 cup	2 fluid ounces
1/2 cup	4 fluid ounces
1 cup	8 fluid ounces

FeEDIng GUIdELInES



By now you may have noticed your toddler is interested in the foods you and your family enjoy. Even though your toddler does not have many teeth, she can mash foods with her gums. As long as foods are properly prepared, your toddler can eat a variety of foods. Do not be afraid to experiment and remember that it often takes 10-12 tries before a child may accept a new food.

TODDLER Diets

- Stick to 3 meals and 2 snacks at regular times and avoid additional foods in between. Wholesome snacks are important several times a day because children's stomachs are small and they usually do not eat enough during each meal. Choose nutrient-rich snacks similar to the meals you prepare.
- Toddlers do a good job of determining how much food they need to eat on their own. If you are worried that your child may not be eating enough, look at his food intake over a week and not over a day. A general guideline to calculate children's caloric needs from 1 to 3 years is to multiply your child's weight by 45 calories.
- Make sure your child is getting enough iron in her diet for proper development. Iron-rich foods include fortified cereals, green leafy vegetables and beans, as well as tofu, poultry, fish and meats.
- It is recommended that whole milk and dairy products be served until the second birthday. Extra fat is necessary for proper growth and brain development during this period. Milk is also an important source of calcium and vitamin D.
- Water is a perfectly good drink to serve your toddler. You can add a small amount of juice for variety, but juice and sweetened beverages do not offer much nutrition. For children ages 1 to 6, intake of fruit juice should be limited to 4 to 6 ounces per day (about a half to three-quarters of a cup). Too many sweet drinks can cause tooth decay and add calories to your child's diet.



- Check labels to make sure you are not giving your child unnecessary calories and sweets. As a rule, every 5 grams of sugar equals about one teaspoon. Be especially careful when purchasing juices, cereals and snack foods.
- Talk to your pediatrician before introducing high allergenic foods such as milk, peanuts, tree nuts such as pecans, wheat, soy, fish and shellfish.

Transitioning to Table Foods

- Watch for signs that your child is ready for finger foods such as showing interest in the foods you are eating and a good pincher grasp (can pick up small objects on his own). You should not have to help your child eat at this point. Children are usually physically ready for finger foods by 8 months old.
- In order to make the transition from pureed baby foods to table foods, gradually add more texture to purees and foods. Introduce larger lumps and pieces in purees and begin offering finger foods. You can use a little common sense and trial and error to determine what type of foods your baby is ready to eat.
- Offer one favorite food with other choices and encourage your child to try at least a bite. It is common to see a toddler stick with one food and not want anything else. While it may be upsetting, it is usually not cause for concern.
- Children 5 and under usually do better experimenting with new foods at lunch and when relaxed. If your toddler is cranky, has just come from an over stimulating play session it might not be the best time to introduce a new food. If your child has a reaction to a new food, it is better to know in the afternoon than late in the evening.
- Try describing a newly introduced vegetable or fruit in a fun way for your child. Eggplant can be a “purple people eater”. Dipping carrots in yogurt can become taking “Charlie the Carrot” for a swim.



- Let your child make a mess. This is a period of learning; allow them to explore and have some fun with their food.
- Dips can be a lot of fun for kids and can increase acceptance of certain foods. Be creative – experiment with low-fat salad dressings, yogurts, hummus and salsa. See the “Kid Recipes” section for ideas.

eating at the Table

- A study at Harvard University showed that the odds for being overweight were 15% lower for children who ate dinner most or every day of the week. Make family meals a priority and start a good habit early by feeding your toddler with the family as soon as possible.
- Do set table rules and do not let your child control you or the mealtime. Do not wear yourself out and try to please everyone. Offer choices and at least one food you know everyone likes.
- Dinnertime can be great opportunity to catch up and connect with family members. Aim for a relaxing environment and avoid conflict and distractions at mealtime. Turn off the television and radio.



Finger Fruit

Fresh fruit is simple to prepare and requires no cooking. Your toddler will love the variety of colors and textures of fresh fruit.

Ingredients

Assorted Fresh Florida fruits in several color choices such as cantaloupe, honeydew, avocado, strawberry, watermelon, blueberry and mango.

Preparation

1. Thoroughly wash all fruit with cold water. If needed, peel and remove seeds.
2. Cut fruit into bite-sized pieces that can be easily picked up with little fingers.
3. Store extra fruit in an airtight storage container for 2-3 days in the refrigerator.

Use leftover fruit to make a fruit salad or layer the fruit and yogurt in a bowl for an after meal treat.

Steamed Vegetables

Steamed vegetables are a nutritious and great choice for snacks. The best way to cook vegetables is a method called blanching. This simple technique maintains a vegetable's nutrients and flavor while keeping its crunchiness. Blanching is especially good for green vegetables.

Ingredients

Assorted Florida vegetables such as carrots, cauliflower, green beans, zucchini and squash.

Preparation

1. Fill a saucepan halfway with water and place on medium-high heat. Cover with a lid and bring water to a rapid boil.
2. Add cut vegetables to boiling water. Vegetables will cook quickly so check them every other minute to see if they are cooked. Vegetables should be slightly crisp but tender at the same time. See below for suggested cooking times.
3. When the vegetables are cooked, use a slotted spoon to transfer them from the pan to a bowl of ice water to stop the cooking process. Let the vegetables cool completely.
4. Remove vegetables from the bowl and dry with a paper towel.
5. Repeat the process for each type of vegetable. You can use the same boiling water and ice bath.
6. Cut vegetables into bite-size pieces or sticks for easy toddler handling.

7. Store in an airtight plastic container or bag for later use. The blanched vegetables should last at least 3 days in the refrigerator.

Note: Cooking times vary based on which vegetables are used and how large they are cut; therefore, cook one vegetable type at a time.

Estimated Cooking Times for Selected Vegetables

Broccoli, chopped or stalks – 3 minutes

Carrots – diced/strips – 2 minutes; whole baby carrots – 5 minutes

Cauliflower - 3 minutes

Eggplant – 4 minutes

Greens (spinach, collards) – 2 to 3 minutes

Okra – 3 minutes

Bell pepper, strips – 2 minutes

Snap Beans - 3 minutes

Zucchini, slices or chunks – 3 minutes

Squash, slices or chunks – 3 minutes

Serve Vegetables With Toddler-Approved Dipping Sauces. See Pages 38-40 for Ideas.

CHicken Sticks

Yield 6 Servings

IngRedients

- 4 boneless, skinless chicken breasts, sliced into thin strips (it is important to cut the chicken into uniform pieces to allow for even cooking)
- 1 12-ounce container plain yogurt
- 2 cups whole-grain cereal, crushed
- oil or cooking spray

PreParation

1. Preheat oven to 400 degrees.
2. Put the chicken breast strips into a small bowl and slowly add yogurt until the chicken is thoroughly coated.
3. Remove from yogurt and coat each strip with the crushed cereal.
4. Use oil or cooking spray to lightly coat a baking sheet and lay the crusted chicken strips on the pan.
5. Bake until completely cooked, approximately 6 minutes depending on the size of strips. Always test the thickest part of the chicken to make sure it is thoroughly cooked.
6. Cool completely or serve warm.

Use the extra CHicken Sticks in a Stir-fry With Vegetables. Serve With Rice for a Complete Family Dinner.



Vegetable Pancakes

Yield 10 to 12 pancakes

IngRedients

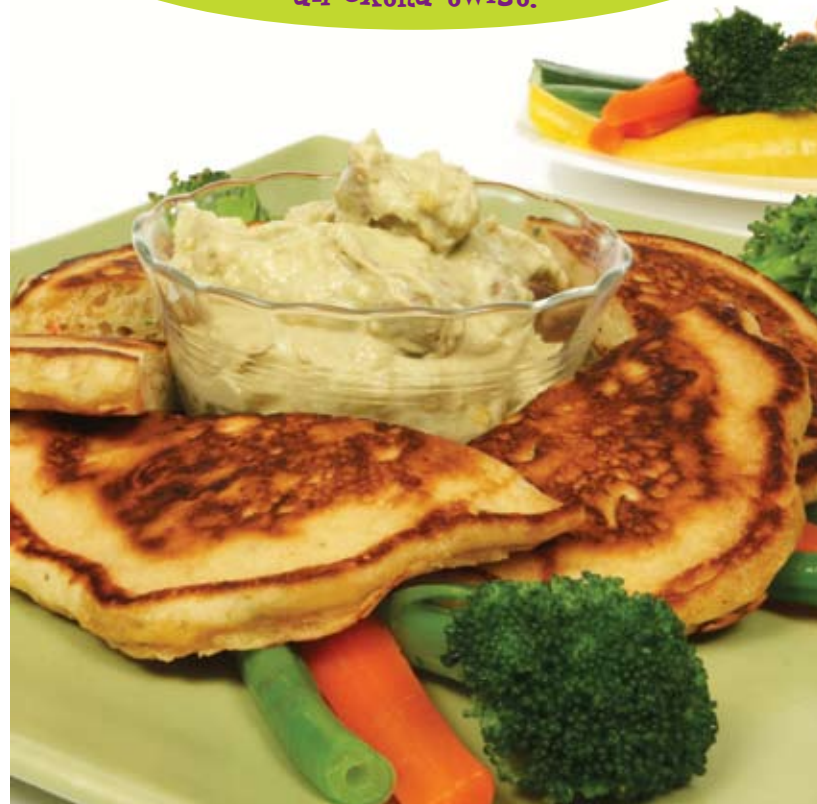
- 1 cup pancake mix
- 1 egg
- 2/3 cup milk
- 2 cups grated Florida carrots
- 2 cups grated Florida zucchini, pat dry with paper towel
- 1/4 cup grated cheese (cheddar, jack or your favorite)
- sour cream (optional)
- oil or cooking spray

PreParation

1. Use a cheese grater to carefully grate carrots and zucchini.
2. Prepare pancake mix as directed on box.
3. Add grated carrots, zucchini and cheese to pancake batter.
4. Heat a medium size nonstick skillet on medium-high heat. When the pan is heated, lightly coat with oil or cooking spray.
5. Spoon about 1/4-cup batter per pancake into the skillet. Cook pancakes in batches until all batter is gone. Let cool and cut into strips or wedges. Serve with low-fat sour cream for dipping.

6. To freeze, let pancakes cool and then place a sheet of wax paper between each pancake. Place stack in an airtight freezer bag and store in the freezer for up to 6 weeks.
7. To reheat, remove wax paper from layers of pancakes. Heat oven to 375 degrees. Place pancakes in a single layer on an ungreased cookie sheet. Cover pancakes with foil to avoid burning. Bake 8-10 minutes or until thoroughly heated.

ADD CUT Pieces of COOKED CHICKEN, HAM OR TURKEY to the PANCAKES for an eXtra tWist.



Fruit Muffins

Yield 12 medium-sized muffins

Ingredients

Dry

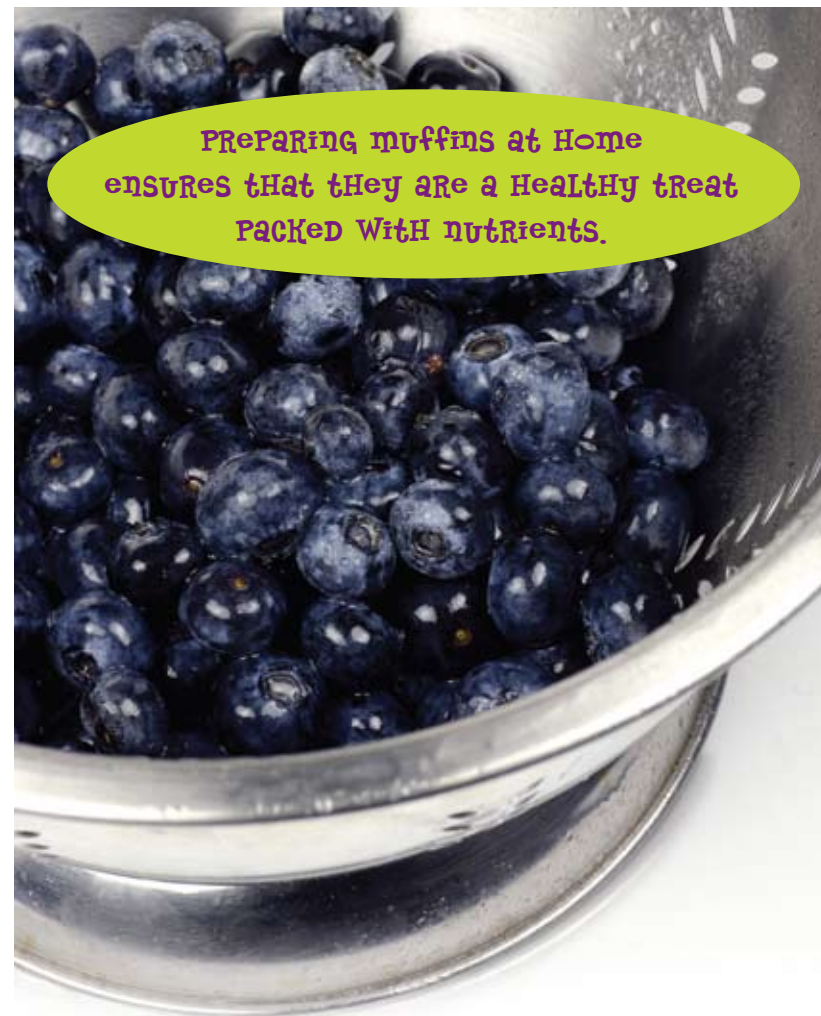
- 1 cup whole-wheat flour
- 1 cup oatmeal
- 3 tablespoons sugar
- 1 teaspoon salt
- 4 teaspoons baking powder

Wet

- 1 cup Florida fruit (blueberries, strawberries or mangos), chopped
- 1 Florida egg
- 1 cup milk
- 1/4 cup vegetable oil
- oil or cooking spray

Preparation

1. Preheat oven to 400 degrees.
2. In a large bowl, mix together flour, oatmeal, sugar, salt and baking powder, then add fruit.
3. In another bowl, break the egg and slightly beat with a fork. Add milk and vegetable oil to the egg and mix ingredients together.
4. Add the egg mixture to the dry mixture in the large bowl. Using a mixing spoon, mix about 25 or 30 times, until mixture is slightly lumpy.



Preparing muffins at home ensures that they are a healthy treat packed with nutrients.

5. Line a muffin tin with paper liners or lightly coat with oil or cooking spray. Carefully spoon muffin batter into muffin cups, filling each cup 2/3 of the way. Bake for 20 minutes.
6. After the muffins have cooled, remove from the tin.
7. Wrap extra muffins individually in plastic wrap or heavy foil; store in a freezer bag in the freezer for up to 3 months.

HARD-BoILED EGGS

Yield 6 servings

IngRedients

6 large Florida eggs

PreParation

1. Place eggs in a saucepan with enough cold tap water to cover them by 1 inch.
2. Bring water to a boil and let boil for 2 minutes.
3. Turn off heat and let eggs sit for 10 minutes.
4. Carefully drain some of the water and add several ice cubes to completely chill the eggs.
5. Peel eggs under cool running water to remove small pieces of shell.
6. Cut eggs into bite-size pieces and serve. Eggs can also be stored in an airtight container for up to 3 days in the refrigerator; unpeeled eggs will last for 7 days.

VegetABLE AND CHEESE QuesADILLA

Yield 4 Servings

IngRedients

- | | |
|-----|---|
| 1 | spinach or whole-wheat tortilla |
| 1/3 | cup grated cheese (cheddar, jack or your favorite) |
| 1/3 | cup Florida tomatoes, blanched zucchini or blanched squash, thinly sliced |
| | oil or cooking spray |

PreParation

1. Preheat a skillet over medium-high heat and lightly coat with oil or cooking spray. Lay tortilla on a flat surface. Cover half of the tortilla with just enough cheese to cover the wrap.
2. Layer vegetables on top of the cheese, then add an other thin layer of cheese on top of the vegetables.
3. Fold the tortilla in half and carefully lay in the skillet. Cook for several minutes until each side is golden brown and the cheese is melted. Remove quesadilla from pan and let cool.
4. Cut into bite-size triangular pieces.

Get CREative With your QuesADILLAS!
Use LeftoVer meat OR COMbine With Different
VegetABLES and SAUCES for new
COMBINATIONS.

DIPS AND SPREADS

avocado spread

Yield 8 Servings

Ingredients

- 1 large ripe Florida avocado, mashed
- 1 8-ounce package low-fat cream cheese, softened
- 1 tablespoon lemon juice
- salt and pepper to taste

Preparation

1. Combine ingredients in a plastic container and mix well. Season lightly with salt and pepper.
2. Store dip in plastic container with plastic wrap touching the surface of the dip, making sure there is no air between the dip and plastic wrap.

Serve With Vegetables as a Dip
OR Spread on a Sandwich in Place of
mayonnaise.

cool cucumber dip

Yield 4 Servings

Ingredients

- 1 8-ounce container plain low-fat yogurt
- 2 medium cucumbers peeled with seeds removed
- $\frac{1}{4}$ teaspoon garlic powder

Preparation

1. Chop cucumbers into small pieces and then puree in food grinder.
2. Combine all ingredients and chill.
3. Serve with any vegetable or spread on crackers or toast squares.

To Seed a Cucumber, Peel and Slice it
in Half Lengthwise, then use a Spoon to
Scoop out the Seeds.

Cream Cheese Fruit Dip

Ingredients

- 1 8-ounce package low-fat cream cheese, softened
- 1 tablespoon sugar
- 1 cup sour cream
- 1 teaspoon vanilla extract

Preparation

1. Combine all ingredients and mix until smooth and creamy.
2. Serve with cut Florida fruits like cantaloupe, honeydew, avocado, watermelon, mango or sliced blueberry halves.

Sweet yogurt Dip

Ingredients

- 1 cup plain low-fat yogurt
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 tablespoons maple syrup

Preparation

1. Mix all ingredients together.
2. Serve with cut Florida fruit.

ADD PUREED STRAWBERRIES,
BLUEBERRIES, WATERMELON OR MANGO TO
CREATE NEW FLAVORS AND VARIETY.

Breakfast

FRESH STRAWBERRY-MANGO Smoothie

Yield 2 servings

Ingredients

- 2 teaspoons natural Florida sugar
- 2 teaspoons natural vanilla extract
- 1/2 cup low-fat milk
- 6 ice cubes
- 1/3 cup plain low-fat yogurt
- 10 Florida strawberries, hulled
- 1 Florida mango, peeled and sliced

Preparation

1. Add all ingredients except the fruit into a blender. Blend on low speed, gradually increasing the speed until the mixture is smooth.
2. Add the fruit and finish blending until completely smooth.
3. Pour into a tall glass and enjoy.



CHeesy Vegetable omeLet

Yield 1 Serving

IngRedIents

- 2 large Florida eggs
- 2 teaspoons cold water
- 1 teaspoon olive oil
- ¼ cup low-fat shredded cheddar cheese
- 1/4 cup diced Florida bell pepper, cooked
- ¼ cup diced Florida tomato
- salt and pepper to taste

PRePARation

1. In a medium bowl, whisk eggs until blended. Stir in water, salt and pepper; continue to whisk for 5 seconds.
2. Warm oil in a nonstick skillet over medium-high heat until hot but not smoking. Reduce heat to low and add egg mixture.
3. Cook 10 seconds, until eggs are just set. Use a metal spatula to gently lift the outside edges of the omelet to let the uncooked egg run underneath to cook. Repeat until most of the uncooked egg is removed from the top and is cooked.

4. Cook about 2 minutes and then sprinkle the cheese on top. Cook 1 more minute.
5. Spoon vegetables onto half of the omelet. Using the spatula, fold the other half of the omelet over the vegetable filling.
6. Slide the omelet onto a plate and serve hot.

REMEMBER YOUR TODDLER NEEDS
WHOLE MILK AT THIS STAGE OF DEVELOPMENT.
SUBSTITUTE LOW-FAT ALTERNATIVES FOR YOU
AND OTHER MEMBERS OF THE FAMILY.

Blueberry Pancakes

Yield 10 to 12 pancakes

Ingredients

- 1 cup whole wheat pancake mix
- 1 egg
- 2/3 cup low-fat milk
- 1 1/2 cup Florida blueberries
- oil or cooking spray

Preparation

1. Prepare pancake batter according to directions on box.
2. Gently fold in fruit.
3. Lightly coat a large skillet with oil or cooking spray. Warm over medium heat.
4. Spoon about 1/4-cup batter for each pancake into the skillet, cooking 2 pancakes at a time. Cook 2 minutes per side or until you see bubbles in the middle.
5. Repeat with remaining batter. Serve pancakes warm.
6. Leftovers are easy to freeze. Place a sheet of wax paper between each pancake before freezing. Place the layers in a plastic bag then wrap the plastic bag in foil. The pancakes can be stored in the freezer for up to 2 weeks.
7. To reheat, remove wax paper from layers of pancakes. Heat oven to 375 degrees. Place pancakes in a single layer on an ungreased cookie sheet. Cover pancakes with foil to avoid burning. Bake 8-10 minutes or until thoroughly heated.

LUNCH

Mexican Chicken Soup

Yield 4 to 6 Servings

Ingredients

- 3 boneless, skinless chicken breasts, cooked and shredded (or 3 cups shredded chicken)
- 1 cup fresh Florida corn
- 2 large Florida tomatoes, diced
- 1/2 cup chopped Florida onion
- 1/2 Florida green bell pepper, chopped
- 1/2 Florida red bell pepper, chopped
- 1 can kidney, pinto or black beans
- 1 4-ounce can chopped green chili peppers
- 2 14.5-ounce cans vegetable broth
- 1 tablespoon ground cumin
- salt and pepper to taste

Preparation

1. Place all ingredients except salt and pepper in a large pot over medium-low heat.
2. Season to taste with salt and pepper.
3. Simmer for 45 minutes, stirring occasionally.

Use Leftover Chicken and Vegetables to Inspire Other Soup Creations.

CLASSIC CHICKEN SALAD WITH SLICED TOMATOES

Yield 4 Servings

INGREDIENTS

- 3 Florida celery ribs, thinly sliced
- 3 cups cubed or shredded cooked chicken
- 1/2 cup low-fat mayonnaise
- 1/2 cup low-fat sour cream
- 1 tablespoon mustard
- 1 tablespoon fresh rosemary or 1 teaspoon dry
- 1 medium Florida tomato, sliced
- 1 cup shredded Florida carrots
- 1 salt and pepper to taste

PREPARATION

1. In a large bowl, combine the mayonnaise, mustard, sour cream and rosemary. Set aside.
2. Add celery, chicken and shredded carrots; mix thoroughly.
3. Pour the dressing over the chicken mixture, stirring until the ingredients are thoroughly mixed.
4. Place the tomato slices on a plate and lightly season with salt and pepper. Scoop chicken salad onto the tomato slices and serve.



SERVE SALAD ON TOASTED BREAD CUT
WITH A COOKIE CUTTER INTO FUN SHAPES
FOR YOUR TODDLER TO ENJOY.

GRILLED CHEESE SANDWICHES

Yield 4 Servings

INGREDIENTS

- 1 cup thinly sliced Florida squash, blanched (see page #) or 4 tomato slices
- 1/3 cup cream cheese
- 1/2 teaspoon dried basil
- 8 slices whole-wheat bread
- 4 slices cheddar cheese
- 4 slices mozzarella cheese
- margarine or butter

PREPARATION

1. Combine cream cheese and basil, stirring well.
2. Spread cream cheese mixture evenly on 4 slices of bread.
3. Place one slice of cheddar cheese, one slice of mozzarella cheese and vegetables over cream cheese mixture. Cover with a plain slice of bread.
4. Lightly spread margarine on both sides of bread and place in a nonstick skillet over medium heat. Cook 1 minute on each side or until bread is browned and cheese begins to melt.
5. Serve immediately.

SUBSTITUTE DIFFERENT TYPES OF
CHEESE AND VEGETABLES TO REFRESH
AN OLD RECIPE.

Dinner

Potato Wedges

Yield 4 to 6 Servings

INGREDIENTS

- 4 large Florida potatoes, peeled or unpeeled cut into wedges
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- 2 teaspoons dried rosemary
- salt and pepper to taste

PREPARATION

1. Scrub potatoes before cutting and cooking. Place the potatoes in a large pot and cover with water. Bring water to a boil. Reduce heat to medium-high and cook for 10 more minutes, until tender.
2. Preheat a grill or broiler to medium-high heat.
3. Drain water and toss potatoes olive oil, black pepper, rosemary and salt to taste.
4. Place the potatoes skin side down over indirect heat on the grill or on a cookie sheet under the broiler. Reserve leftover olive oil mixture.
5. Cook potato wedges for about 15 minutes. Remove from heat and place in a serving bowl. Sprinkle potatoes with the reserved olive oil mixture.

SPANISH CHICKEN AND RICE

Yield 6 Servings

INGREDIENTS

- 3 pounds boneless, skinless chicken breasts
- 1 large Florida tomato, diced
- 1 medium Florida zucchini, diced
- 1 cup chopped Florida onions
- 1 tablespoon minced fresh garlic or 1 teaspoon dry
- 2 teaspoons cumin
- 1 cup rice
- 1 cup vegetable broth
- 1 cup water
- 1 cup salsa
- 1 15-ounce can black beans, rinsed and drained
- salt and pepper
- oil or cooking spray

PREPARATION

1. Rinse chicken and pat dry. Season lightly with salt and pepper.
2. Lightly coat a large nonstick skillet, Dutch oven or a large wok with oil or cooking spray and heat over medium-high heat.
3. Add half the chicken to the skillet and brown well, about 2 minutes per side. Remove chicken from skillet when cooked. Repeat with remaining chicken.

4. Add onions to skillet and saute, stirring until browned. Add garlic, cumin and rice. Cook for 1 minute, stirring constantly.
5. Stir in broth, water and salsa. Season lightly with salt and pepper. Bring liquid to a boil and reduce heat.
6. Return chicken to skillet, placing on top of rice. Cover and simmer over medium heat until rice is tender, about 20 minutes.
7. Stir in beans, zucchini and tomatoes. Cover and simmer for 5 minutes.



MARINATED CHICKEN KABOBS

Yield 4 to 6 Servings

INGREDIENTS

- 1 pound skinless, boneless chicken breast halves, cut into 1-inch cubes
- 1 large red onion, cut into wedges
- 1 large Florida green bell pepper, cut into 1 1/2 inch pieces
- 1 large Florida zucchini or 2 medium yellow squash, cut into 1 1/2 inch pieces
- 1 8-ounce container plain yogurt
- 2 tablespoons fresh lemon juice
- 2 teaspoons dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed dried rosemary

PREPARATION

1. In a large freezer bag, mix the yogurt, lemon juice, oregano, salt, pepper and rosemary.
2. Place the chicken in the bag and shake lightly to coat. Marinate 3 to 6 hours in the refrigerator.
3. Preheat an outdoor grill or broiler to high heat.
4. Alternate chicken, onion wedges, squash and green bell pepper pieces onto skewers. Discard remaining yogurt mixture.
5. Grill skewers 10-15 minutes on the prepared grill or under the broiler until the chicken is no longer pink and its juices run clear.

Be sure to remove chicken and vegetables from skewers before serving to children under the age of 4.



SNAP BEANS AND TOMATOES

Yield 4 Servings

INGREDIENTS

- 1 1/4 pounds fresh Florida snap beans, trimmed
- 1 teaspoon olive oil
- 1 small Florida onion, diced
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1/2 cup Florida cherry tomatoes, cut in half
- salt and pepper to taste

PREPARATION

1. Blanch green beans.
2. Place olive oil in a large frying pan over medium heat.
3. Add onion and garlic; sauté until translucent.
4. Add blanched snap beans; sauté for 3 minutes while stirring.
5. Add tomatoes and sauté for 1 minute. Season lightly with salt and black pepper. Serve warm.

CROCK POT ITALIAN CHICKEN

Yield 6 to 8 Servings

INGREDIENTS

- 4 boneless, skinless chicken breast halves, cut into 1-inch cubes
- 1 medium Florida eggplant, peeled and chopped
- 2 medium Florida tomatoes, chopped
- 2 small Florida zucchini, sliced
- 1 medium Florida green bell pepper, cut into 1-inch chunks
- 1 large Florida onion, chopped
- 3 cloves garlic, minced or 3/4 teaspoon garlic powder
- 1 26-ounce jar spaghetti sauce
- 2 teaspoons Italian seasoning
- salt and pepper to taste

PREPARATION

1. Combine all ingredients in a 3 1/2 or 4-quart crock-pot. Mix well.
2. Cover and cook on the low setting for 6-8 hours.

Homemade MeatLoaf

Yield 6 Servings

INGREDIENTS

- 1½ pounds extra lean ground meat (minced beef, chicken, turkey or a combination)
- 1 large Florida zucchini or 2 medium Florida yellow squash, diced
- 1 cup Florida carrots, finely grated
- 1 small Florida onion, peeled and chopped
- ½ cup tomato sauce
- ½ cup large flake oats
- 1 Florida egg, lightly beaten
- dash of Worcestershire or BBQ sauce
- salt and pepper to taste
- oil or cooking spray
- ½ cup ketchup
- 1 tablespoon light brown sugar

PREPARATION

1. Preheat oven to 350 degrees.
2. In a small bowl, mix the ketchup and sugar to use as a glaze for the top of the meatloaf. Set aside.
3. In a large bowl, combine the remaining ingredients; mixing thoroughly. The mixture should be firm enough to keep its shape. If it seems too wet, add a little more oats.
4. Transfer mixture to a loaf tin, approximately 8-inches by 4-inches. You can also use any high-sided tin or ovenproof bowl and form the mix into a rectangle in the center.

5. Bake in the oven for 50 minutes. Remove the meatloaf from the oven and spread the ketchup glaze over the top of the loaf. Place the loaf back into the oven and bake for another 10 minutes until the top is browned and the crust is slightly crispy. If you have a meat thermometer, it should read 160 degrees for beef and 165 degrees for chicken and turkey.
6. Remove loaf from the oven and let stand for 5 minutes before slicing.
7. Meatloaf can be stored in the freezer in a storage bag wrapped with foil for up to two weeks.

TOP WITH CHEESE OR
SPAGHETTI SAUCE FOR AN EXTRA TREAT.



Herb Roasted Pork Loin

Yield 8 Servings

Ingredients

- 4 large fresh garlic cloves, minced or 1 tea spoon garlic powder
- 4 teaspoons chopped fresh rosemary or 2 teaspoons dried
- 1 2 1/2-pound boneless pork loin roast, well trimmed of visible fat
- olive oil
- oil or cooking spray
- salt and pepper to taste

Preparation

1. Preheat oven to 400 degrees. Line a 13" x 9" roasting pan with foil and coat with oil or cooking spray.
2. Mix garlic, rosemary, salt and pepper in a small bowl.
3. Lightly coat the pork loin with olive oil. Rub the herb mixture all over the pork loin. Place pork, what was the fatty side down, into the prepared roasting pan. Roast pork for 30 minutes.
4. Turn the roast over, fat side up. Roast another 25 minutes or until meat thermometer reads 155 degrees.
5. Remove from oven and let stand 10 minutes. Pour any juices from roasting pan into small saucepan; set over low heat to keep warm. Skim any fat from top.
6. Cut pork crosswise into 1/3-inch-thick slices. Pour pan juices over the roast. Serve warm.

GROW YOUR OWN FRESH HERBS - most are extremely easy to grow and you will always have delicious ingredients on hand.



SunSHine MacARoni and CHeese

Yield 4 Servings

IngRedients

½	pound whole-wheat pasta shells
2	tablespoons butter
1½	tablespoons whole-wheat flour
1	cup milk
1	cup low-fat shredded cheddar cheese
1	cup low-fat shredded mozzarella cheese
2	cups cooked Florida broccoli, squash or tomatoes, chopped
2	tablespoons grated Parmesan cheese
2	tablespoons wheat germ

PrePARation

1. Preheat oven to 350 degrees.
2. Bring a large pot of water to boil over high heat. Add pasta and cook according to package directions. Be careful not to overcook the pasta; it will cook again when the whole dish is baked.
3. Melt butter in small nonstick saucepan over medium heat. Stirring constantly, add flour and cook until a paste forms, about 1 minute.
4. Slowly stir in the milk. Bring the mixture to a simmer, stirring constantly, and cook until the white sauce slightly thickens.
5. In a large bowl, combine white sauce with shredded cheddar and mozzarella cheese.

6. Place vegetables in a large colander in the sink. Drain pasta into colander over the vegetables. The heat of the water will reheat the cooked vegetables.
7. Add pasta and cooked vegetables to cheese sauce. Gently stir to coat pasta and vegetables. Pour pasta mixture into a 9-inch round casserole dish.
8. In a small bowl, combine Parmesan and wheat germ. Sprinkle over pasta.
9. Bake casserole until hot and bubbly, about 10 minutes.

SPRINKLe WHeat gERM on tOP of
cASSEROLes, yOGURT, cEReAL OR vEGETABLES
fOR ADDED IRON AND nUTRIENTS.



Pasta SALAD

Yield 6 Servings

INGREDIENTS

Dressing:

- 1 cup of your favorite low-fat oil-based salad dressing
- 2 teaspoons Italian seasoning
- 1/4 teaspoon garlic powder

Salad:

- 2 cups (5-ounces) pasta, cooked and drained
- 1 Florida cucumber, sliced
- 1 cup Florida cherry tomatoes, halved
- 1 Florida green pepper, cut into strips
- 3/4 cup prepared dressing

PREPARATION

Dressing:

Mix all dressing ingredients together and place in air tight container to let flavors blend together. This dressing will keep in refrigerator for up to 2 weeks.

Salad:

In a large bowl, mix all ingredients with 3/4 cup of the dressing. Serve extra on the side.

GOOD FOR YOU COUNTRY GREENS

Yield 6 to 8 Servings

INGREDIENTS

- 1 large bunch of Florida greens (collards, mustard or kale), cut and washed
- 3 cups vegetable broth
- 2 medium Florida onions, chopped
- 3 whole garlic cloves, crushed
- 1 teaspoon red pepper flakes or 1 table spoon pepper sauce
- 1 teaspoon pepper

PREPARATION

1. Wash and cut greens.
2. In a large pot, mix greens in large pot together with the remaining ingredients. Cook until tender.

ALLOW FLAVORS to BLEND BY
PREPARING THE DISH EARLY IN THE DAY. THE
LONGER IT SITS THE BETTER IT TASTES!

Creamed Corn

Yield 4 Servings

Ingredients

- 3 cups Florida sweet corn kernels (5 or 6 ears), divided
- 3/4 cup low-fat milk
- 1 tablespoon cornstarch
- 1/4 teaspoon salt

Preparation

1. Place milk, cornstarch, salt and 2 cups of corn in a blender and blend until smooth.
2. Transfer the puree to a medium saucepan and add the remaining 1 cup corn.
3. Cook over medium-high heat, stirring constantly, until the mixture simmers and thickens and the corn is tender, about 5-7 minutes.

For a quick fix, substitute frozen vegetables for fresh.



CHicken GRaVvY

Yield 2 to 4 Servings

IngRedIents

2	tablespoons margarine or butter
2	tablespoons unbleached all-purpose flour
1/4	teaspoon chicken seasoning
1/8	teaspoon salt
1/8	teaspoon paprika
1	cup low-salt chicken broth

PRepARation

1. Melt margarine in a small saucepan over medium heat.
2. Add flour, chicken seasoning, salt and paprika while stirring. Gradually add broth, stirring until blended.
3. Cook two minutes or until sauce thickens, stirring constantly.
4. Leftover gravy will last 2-3 days in an airtight container in the refrigerator.

FOR SMOOTHER GRAVY, POUR
THROUGH A FINE WIRE STRAINER AFTER
COOKING TO REMOVE ANY LUMPS.

HeALThY pARents



As you help your child build healthy habits, now is a perfect time to examine and improve your own lifestyle. Knowing that your toddler learns and copies your own actions can serve as great motivation. Set a good example by making an extra effort to drop your bad habits around your kids.

While time is something every parent needs more of, there is no excuse for neglecting your own needs. It is essential that you find time to relax and take care of your own well-being. Use the recipes provided below and pamper yourself with an inexpensive home spa treatment. Remember, eating well and adding a little exercise will give you more energy and can help clear your head of stress.

Keep Moving – Don't Give Up

- Do something whenever you can. You may not have a full hour to devote, but you can find at least a few minutes here and there. Take advantage of the time you have; it will add up.
- Start slow and build up your workouts as you gain endurance and strength. Take short breaks if you get too tired and then begin again. Just starting to exercise again can be the hardest part. The first few times you exercise can be tough, but you will soon find that you feel better and have more energy.
- Even if you are tired or think you are not in the mood to exercise, push yourself to put on your workout gear. See if you can finish at least 5 minutes or work out at a lower intensity than normal. You will usually find you feel much better once you start and have more energy than you thought.
- Set a goal and stick to it. Maybe it is running in a local 5K or maybe it is running for 15 minutes straight. Whatever it is, honor the commitment and do not make excuses.
- Take advantage of free resources like your library's selection of exercise videos and books or check with your local parks and recreation department, which often offers free or discounted classes.
- Turn on the music and grab your toddler. Find music you both like, clear the floor of toys and sharp objects, and get moving. You will both have fun while getting a mini workout.

- Walking is one of the best forms of exercise. Whenever possible, put your baby in her stroller and head outside. You can use the time to plan or clear your head of stress or just enjoy the fresh air.
- Exercising is easier when you wear comfortable clothes and shoes.
- Keep a journal of what you eat and how long you exercise. This will help you see patterns and help you make improvements in your diet and exercise.

Take Time to Relax

- 30 to 45 minutes before your bedtime, stop the chores and unwind. Take a relaxing bath, read a book or watch a TV show. Try to make this a nightly ritual.
- Remove clutter from your bedroom. Keep children's toys and clothes in proper places and not the floor of your room. This will make relaxing in the evening easier.
- Take a few minutes at any point during the day to head to a quiet spot, close your eyes, take a few deep breaths and visualize a comforting place for you. It could be a warm sunny day at the ocean, an afternoon on the front porch with a slight breeze tinkling the wind chimes, drifting down a river in a rowboat; anything that brings calming thoughts to mind.
- Make a list and prioritize what you need to accomplish. Start one task at a time and finish it before moving on to a new task. Praise yourself for completing each one.

Home Spa Treatments

Tomato Face Pack

Tomatoes are especially good for oily skin.

Yield 1 face pack

Ingredients

1 ripe Florida tomato

Preparation

Mash up ripe tomato and leave it on skin for 15 to 20 minutes. Wash off with warm water and washcloth.

Rejuvenating Cucumber Face Mask

Cool cucumbers and yogurt refresh and soothe tired skin.

Yield 1 mask

Ingredients

1/2 Florida cucumber, peeled and sliced
1 tablespoon yogurt

Preparation

Puree sliced cucumber in a blender or food processor. Mix in yogurt. Apply to face and let set about 20 minutes. Wash off with warm water and washcloth.

Avocado and Honey Face Mask

Honey cleanses and moisturizes while avocado soothes skin.

Yield 1 Mask

Ingredients

2 tablespoons ripe Florida avocado, mashed (skin and seed removed)
2 tablespoons Florida honey
1 egg yolk

Preparation

Mix the avocado with the honey and egg yolk, blending thoroughly. Apply to clean face and neck and leave on for 20 to 30 minutes. Rinse off with warm water and then follow with a toner and moisturizer.

Sugar Foot Scrub

Yield 2 Foot Scrubs

Ingredients

1/2 cup sugar
2 tablespoons olive oil
juice of 1/2 of one lemon or 2 drops essential oil for scent

Preparation

Mix all ingredients. Gently massage the scrub onto each foot. Leave on for a few minutes, then rinse in warm water. Towel dry.

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